

living well



eating smart®

Healthy nutrition and lifestyle information for a better you.

ISSUE 030 • 7/22/10 – 9/29/10

functional
foods
building a
balanced plate

2

back to
school
is your
family ready?

6



With Big Y's Wellness Team — Registered Dietitians
Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN



ask Carrie

Big Y Registered Dietitian, Carrie Taylor, RD, LDN



Building a Balanced Plate with Functional Foods

Don't all foods serve a function? Nutritionally speaking, not necessarily. Some foods simply taste great, but have little, if any, nutritionally redeeming properties. While others may actually be providing more than just simple nutrients like carbohydrates or vitamins. These types of foods are deemed functional.

The term *functional food* refers to foods that provide above and beyond the usual, expected nutrition. Take blueberries as an example. Each cup of blueberries has more of a function than simply providing 30% the Daily Value for vitamin C and 4% the Daily Value for fiber. Blueberries contain plant compounds called phytochemicals. One such group of phytochemicals includes anthocyanins found in the skin of fresh and frozen blueberries. Anthocyanins give blueberries their purple-blue color and are thought to be antioxidant all-stars. This means the purple-blue color of blueberries makes these sweet and sour morsels disease-fighting heroes against the wear and tear of daily life. And blueberries aren't alone. See below, and page 4, for a few more examples.

With certain foods packing just a bit more punch than others, it's easy to feel overwhelmed when meal planning. Don't! Putting together a healthy, balanced plate doesn't require building an exotic puzzle of just the right pieces of functional foods. Incorporate all types of foods, functional or not, to enjoy what you eat while getting the most out of every bite.

fact:

What are antioxidants?

Antioxidants help neutralize negative compounds in your body. Simply put, they help counteract the impact "bad" guys have on overall health caused by stress, disease and simple day-to-day living.

The more "good" guys you have in your system by eating naturally rich antioxidant foods, the better!

Visit BigY.com's **living well**  **eating smart** webpage and post a question

Send e-mails to: livingwell@bigy.com

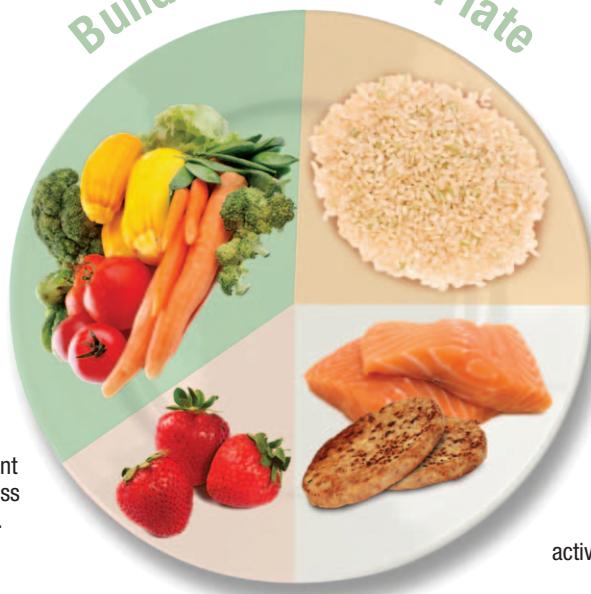
Write to: Living Well
2145 Roosevelt Ave.
PO Box 7840
Springfield, MA 01102

Vegetables –

Build a rainbow of colors on your plate with varying textures and colors. A different color means a different function!

Fruits –

Add a sweet, antioxidant punch, minus the excess fat, sugar and calories.



Whole Grains –

Incorporate more fiber and function per spoonful over their processed, refined counterparts.

Protein –

Choose functional sources most often. Baked omega-3 fat-rich salmon, grilled soy burgers and yogurt with live active cultures are three examples.

breakfast basics

Think skipping breakfast will help you lose weight? Think again.

Breakfast is the most important meal of the day, for kids and adults alike. Think about this: if the last thing you ate before going to bed was dinner at six o'clock and the first thing you ate the next day was lunch at noon, that's 18 hours without nourishment for your mind and body.

With such a long span of not eating, your body is likely to go into survival mode. Meaning, your body will hold onto food consumed in fear it won't get fuel again for another extended period of time. Long-term behavior like this can contribute to unhealthy weight gain, potentially risking becoming overweight or obese.

Furthermore, current research from the University of Minnesota¹ found eating breakfast more often lead to higher intake of fiber and greater participation in physical activity. Both of which are important for maintaining a healthy weight. Skipping breakfast, they found, was associated with negative behaviors such as smoking, alcohol consumption and poor weight-loss practices.



Need another reason to eat breakfast? Researchers discovered breakfast frequency was correlated to body mass index (BMI, a measure of obesity) and body weight. The more often an individual ate breakfast the lower their BMI and body weight. Likewise, the less often they ate breakfast the higher their BMI and body weight.

Additionally, the National Dairy Council² cites children who start the day with breakfast have higher test scores, miss less school and are tardy less often. Children also find it easier to focus, concentrate, solve problems and learn.

Preparing a nutritious breakfast doesn't need to be an elaborate event. Ease into the first meal of the day with quick and tasty options. Simply incorporate at least three different food groups out of the five (fruits, vegetables, meat and beans, grains and milk products).



Whether young or young at heart, these breakfast combinations will help get you started:

- Whole grain cereal like *Barbara's Bakery® Puffins® Cereal* with lowfat milk and an apple.
- Breakfast smoothie made with fat-free Greek-style yogurt, fruit like *Driscoll's® Raspberries* and orange juice.
- Leftovers from the night before.
- Toasted English muffin with sunflower butter and sliced banana.
- Bowl of hot cereal like *Cream of Wheat® Healthy Grain* made with lowfat milk and sliced almonds with a glass of fruit and vegetable juice like *Apple & Eve® Fruitables*.TM
- Sliced ham and cheese with whole grain crackers.
- Scrambled egg and veggie wrap with a calorie-free beverage like *Bigelow® Herb Plus Tea*.

¹ Timlin, MT, et al. Breakfast Eating and Weight Change in a 5-Year Prospective Analysis of Adolescents: Project EAT (Eating Among Teens). *Pediatrics*. 2008;121(3): e638-e645.

² Make It Breakfast First! National Dairy Council. <http://www.nutritionexplorations.org/parents/breakfast-first.asp>. Accessed May 21, 2010.



functional foods

Get more bang from your nutritional buck with functional foods.

Tea

Made from the *Camellia sinensis* plant, tea can be found in four varieties — black, green, white and oolong. Like berries, tea (specifically black and green) contains phytochemicals studied for reducing risk of certain types of cancer, coronary heart disease and preventing and managing diabetes. Current research suggests drinking 4-6 cups of black and green tea like *Stash® Tea* each day to see these effects.

Dietary Fiber

Dietary fiber has numerous proposed benefits, from maintaining a healthy digestive tract to reducing risk for heart disease and certain cancers. Meet daily fiber goals of 25-35 grams per day with whole grains, fruits, vegetables and legumes (dried beans). Whole grains include foods like oatmeal, popcorn and wild rice. When shopping for whole grains, look for the word “whole” in front of the grain of choice like *Wasa® Crispbread*, made with whole grain rye.

Tomatoes and Tomato Products

Ever wonder how tomatoes get their vibrant red color? With help from potent antioxidants like lycopene. Did you know eating a $\frac{1}{2}$ -cup serving of tomatoes and tomato products like *Top Line Roma Grape Tomatoes*, salsa and tomato sauce each day may help reduce the risk for prostate cancer? Since lycopene is a fat-soluble phytochemical, it's best absorbed from cooked tomatoes served with a source of heart-healthy fat like in the *Roma Grape Tomato Bruschetta* recipe on page 5.

Prebiotics

You've probably heard of probiotics ("good" bacteria), but have you heard of **prebiotics**? Prebiotics are simply the "food" for the beneficial bacteria that help create a favorable environment in your digestive tract. Some prebiotics, such as the carbohydrate fructooligosaccharides found in *Ensure® Nutrition Shakes*, may also enhance calcium absorption and immune system health.

This column is based on information from the International Food Information Council (IFIC) Functional Foods Fact Sheet and the Position of the American Dietetic Association on Functional Foods.

natural & organic

Here's how natural and organic products can benefit you.



While natural and organic foods may not be more nutritious than conventionally produced foods, they can provide many other advantages to the environment and your health. Let's take a closer look at what *natural* and *organic* truly means.

Defining "Natural"

The term natural is only regulated when used to describe meat and poultry by the United States Department of Agriculture (USDA). To fit the criteria for natural labeling, meat and poultry must be minimally processed and free of artificial colors, flavors, sweeteners, preservatives and ingredients.

For all other foods, this term is generally used to describe products that are minimally processed and free of synthetic preservatives, artificial sweeteners, colors, flavors, artificial additives, hydrogenated oils, emulsifiers and stabilizers.

At Big Y® we carry a variety of natural products. Some of our favorites are Big Y® All Natural Angus Beef, Mr. Wheat's® Crispy Wheat Snacks and Mrs. Meyer's® Clean Day Laundry Supplies.

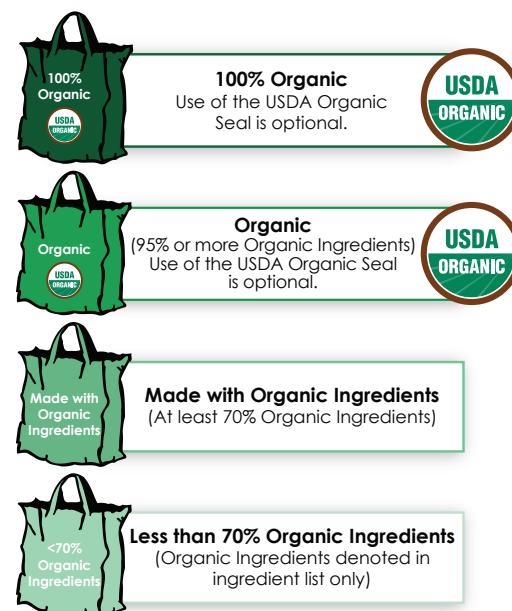
Defining "Organic"

When organic is used on a product label, it not only describes the food itself but also how it was farmed and produced. To use this term, a product must meet strict, earth-friendly guidelines set by the USDA National Organic Program.

To qualify for organic labeling, farming methods must focus on utilizing renewable and recycled resources. Additionally, crops

must be grown without the use of numerous pesticides, including those that are synthetic and petroleum-based. When used to describe meat and poultry, animals cannot be given antibiotics or growth hormones and must be raised with access to the outdoors.

When shopping for organic foods at Big Y® look for organic products like Newman's Own Organics® Dried Fruit and Barowsky's® Organic Whole Grain Breads right next to their conventional counterparts. Confused by organic labeling? Check out the chart below to learn more.



serves: 8

serving size: 2 teaspoons on crispbread

Roma Grape Tomato Bruschetta

ingredients:

1 (1½ lb.) container	Top Line Roma Grape Tomatoes	6-8	fresh basil leaves, rinsed and chopped
2 cloves garlic, minced			Big Y® pepper, to taste
1 tablespoon Big Y® Extra Virgin Olive Oil		–	Big Y® salt, to taste
1 teaspoon World Classics Trading Company™ Balsamic Vinegar		8 slices	Wasa® Multi Grain Crispbread

directions:

1. Boil water and remove pan from burner. Place tomatoes in boiling water for one minute.
2. Remove tomatoes from water. With a small knife, carefully remove skins from hot tomatoes.
3. Cut tomatoes in halves or quarters and remove seeds and juice from the center.
4. Chop tomatoes finely and place in a medium mixing bowl.
5. Stir in garlic, olive oil, vinegar and basil. Add salt and pepper, if desired.
6. Cover bowl and refrigerate. Allow mixture to sit for at least 30 minutes to blend flavors.
7. Serve on top of crispbread.

nutrition facts per serving:

Calories 80, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 90 mg, Carbohydrates 14 g, Fiber 3 g, Protein 3 g



Based on recipe from Simply Recipes®
Visit <http://simplyrecipes.com> for more flavorful recipes.



back to school

Summer's almost over. Is your family ready to hit the ground running?

Whether it's the first day of kindergarten or college, hectic back to school routines can take a toll on your loved ones. With a little preparation and nutrition know-how, you can be well equipped to get your family back to the books and early morning classes.

Start your day with breakfast. After a long night's fast, your family needs to refuel in order to focus and feel great. If time is of concern, wake your student five minutes earlier and opt for quick meal options that include carbohydrates, protein and heart-healthy fat like *Kashi® Cereal* with lowfat milk and a glass of *Mott's® Medleys 100% Juice*.

Pack portable snacks in backpacks or lunch bags, especially when after-school activities are part of the equation. Balanced snacks help maintain energy levels throughout the day and keep your child feeling full until mealtime. Encourage them to eat every 2-3 hours and include fruits, vegetables and milk products like *Driscoll's® Blackberries*, *Mott's® Single Serve Natural Apple Sauce*, carrot sticks and string cheese.

Is your little one not a fan of their school's lunch menu? Brown bag it! You can save money and control the nutritional content of his or her meals. Save valuable time in the morning by preparing lunch the night before. Has your child's school gone nut free due to food allergies? Instead of giving up kid-favorite PB&J sandwiches, replace peanut butter with allergy-friendly alternatives like creamy *SunButter®* sunflower butter.

Drinking plenty of liquids throughout the day does more than quench thirst. Staying hydrated is an important step to keeping the body functioning properly. Without at least eight 8-ounce cups of fluid throughout the day, your child may feel symptoms of dehydration. Dehydration can lead to feelings of lightheadedness and fatigue, which make it hard to get through the day. Be sure they reach fluid goals by keeping bottled water, or flavorful no-sugar-added options like *Hint® Premium Essence Water* and *Aquafina® FlavorSplash*, on hand at all times.

No need to surrender to the drive-thru window for dinner. With a little preplanning, sitting down for a home-cooked dinner can be done. Plan your weekly menu ahead of time and incorporate quick cooking meals like tuna melts with sweet potato fries, healthier frozen meals like *Lean Cuisine® Market Creations* or homemade pizza made with *Mama Mary's® Gourmet 100% Whole Wheat Pizza Crust* and colorful veggies.

Most importantly, teach your child to avoid the spread of germs that cause cold, flu and foodborne illness by keeping hands and surfaces clean. Have them wash hands with soap and warm water before and after eating as well as when handling food. And keep disposable wipes like *Clorox® Disinfecting Wipes To-Go Pack* handy for disinfecting commonly used surfaces like cafeteria tables and door handles.

Give your family what they need so they can excel in school and prevent falling behind due to sickness or lack of energy. Help them stay on the road to success with balanced nutrition, hydration and savvy germ-fighting habits.

serves: 24



Recipe from Kashi®.
Visit www.kashi.com for
more naturally delicious recipes.

tip:

Keep hunger at bay! Pack one of these tasty squares in your backpack or lunchbox for a nutritious snack.

GOLEAN® Apple Raisin Squares

ingredients:

2 cups	Big Y® cooking spray Kashi® GOLEAN® cereal, finely crushed	1 (4-ounce) Mott's® Single Serve Natural Apple Sauce
1 cup	traditional whole wheat or white whole wheat flour	½ cup Big Y® sugar
½ cup	Newman's Own Organics® Raisins	½ cup Big Y® honey
1 teaspoon	Big Y® cinnamon	¼ cup Big Y® canola oil
1 teaspoon	baking powder	1 teaspoon Big Y® vanilla extract
		2 cups apples, peeled and finely diced

directions:

1. Preheat oven to 350°F.
2. Spray 8x11-inch pan with cooking spray and lightly flour.
3. In a medium bowl, mix together cereal, flour, raisins, cinnamon and baking powder. Set aside.
4. In a large bowl, mix together apple sauce, sugar, egg substitute, honey, oil and vanilla. Add diced apples and mix well.
5. Add dry ingredients to wet mixture and stir well.
6. Spread evenly in prepared pan and bake 40 minutes or until knife comes out clean.

nutrition facts per serving:

Calories 90, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 35 mg, Carbohydrates 17 g, Fiber 2 g, Protein 2 g



FEATURED ITEMS

“Functional Foods” Featured Items



Sale Dates: 7/22-8/4/10

Ensure® Nutrition Shakes

Need a nutritional boost? Recharge with Ensure® Shakes. As if 320 milligrams plant-based omega-3s, 24 vitamins and minerals and flavors like Rich Dark Chocolate weren't enough, Ensure® also provides a blend of prebiotics and antioxidants for added immunity strengthening nutrition.



www.ensure.com

Top Line Roma Grape Tomatoes

Top Line Roma Grape Tomatoes are tasty, bite-size nutritional powerhouses. For only 25 calories, each serving provides vitamin C and a concentrated source of lycopene, an antioxidant that may help protect against certain diseases like prostate cancer.



www.westmorelandsales.com

Wyman's® Frozen Berries

Berries pack an impressive nutritional punch. Wyman's® Frozen Wild Blueberries are a good source of fiber and Strawberries are packed with folate – all without added sugars. Can't decide between the two? Enjoy Wyman's® Frozen Mixed Fruit.



www.wymans.com

Stash® Tea

Not a tea drinker? Start now with Stash® Tea. For delicate flavor, Stash Moroccan Mint Green Tea provides refreshment with a hint of lemon. For bolder punch, Chai Spice Decaf Black Tea delivers with notes of ginger, cinnamon and allspice.



www.stashtea.com

Wasa® Crispbread

Made using wholesome ingredients like whole grain rye and sesame seeds, Wasa® Crispbread make a satisfyingly crunchy snack. Without fat or sugar, Wasa® Multi Grain and Hearty Rye Crispbread provide 2 grams fiber in each crisp directly from whole grains.



www.wasa.com

“Natural & Organic” Featured Items



Sale Dates: 8/5-8/18/10

“Natural & Organic” Featured Items



Sale Dates: 8/5-8/18/10

Big Y® All Natural Angus Beef

For a good source of protein, zinc, iron and B-vitamins and less fat, enjoy lean cuts of beef like Big Y® All Natural Angus Boneless Sirloin Steaks. Each 3-ounce serving provides 2 grams saturated fat after visible fat is trimmed.



www.bigy.com

Mr. Wheat's® Crispy Wheat

In the mood for a crunchy snack? Reach for Mr. Wheat's® Crispy Wheat. Baked with all natural ingredients and whole grains, flavors like Apple Cinnamon provide 4 grams fiber and 110 calories in each serving (7 crisps).



www.mrwheat.com

Mrs. Meyer's® Clean Day Laundry Supplies

Garden fresh scents like Lavender fill your laundry room when using Mrs. Meyer's® Clean Day Laundry Supplies. Mrs. Meyer's® earth-friendly detergent and biodegradable fabric softener sheets contain *at least* 97% naturally derived ingredients.



www.mrsmeyers.com

Barowsky's® Organic Whole Grain Breads

Baked locally in New England, Barowsky's® Organic Whole Grain Breads come in hearty varieties like Flaxseed with 3 grams fiber per 1-ounce slice. For double the fiber of traditional English muffins, enjoy Barowsky's® Organic 12-Grain English Muffins.



www.barowskys.com

“Back to School” Featured Items



Sale Dates: 8/19-9/1/10

Driscoll's® Blackberries

Bursting with tart sweetness, deep-colored Driscoll's® Blackberries contain anthocyanins, antioxidants which may help protect against chronic disease. Enjoy a 1/2-cup serving for 30 calories, 4 grams fiber and 25% the Daily Value for vitamin C.



www.driscolls.com

Aquafina® FlavorSplash

Hydrate with flavor, not calories! Aquafina® FlavorSplash is sweetened with natural fruit flavors, Splenda® Brand Sweetener and acesulfame-K, a non-nutritive sweetener. The result? Refreshing flavors like Strawberry-Kiwi without calories or added sugars.



www.aquafina.com

“Natural & Organic” Featured Items



Sale Dates: 8/5-8/18/10

Newman's Own Organics® Dried Fruit

Add natural sweetness to oatmeal and salads with Newman's Own Organics® Dried Cranberries and Raisins. Made with 100% organic ingredients without the use of sulfites, each 1/4-cup serving provides potassium and 2 grams fiber.



www.newmansownorganics.com



FEATURED ITEMS

"Back to School" Featured Items

Clorox® Disinfecting Wipes To-Go Pack

Perfect for carrying in your purse or backpack, Clorox® Disinfecting Wipes To-Go remove germs from desks, computers and lockers. Simply wipe and let sit for 30 seconds to sanitize or 4 minutes to disinfect.

 Sale Dates: 8/19-9/1/10

www.clorox.com

Mama Mary's® Gourmet Pizza Crust

Reinvent pizza night with Mama Mary's® Gourmet 100% Whole Wheat Pizza Crust. Compared to traditional crusts, you save 80 calories and nearly 200 milligrams sodium per slice. Visit Mama Mary's® online for mouthwatering recipes like *Sun-Dried Tomato, Chicken and Basil Pizza*.


www.mamamarys.com

Mott's® Single Serve Apple Sauce

For a portable serving of fruit and 20% the Daily Value for vitamin C, reach for Mott's® Single Serve Natural Apple Sauce. With 50 calories, Mott's® Healthy Harvest® Peach Medley Sauce provides a flavorful twist.


www.motts.com

"Back to School" Featured Items


 Sale Dates: 9/2-9/15/10

Mott's® Medleys 100% Juice

New Mott's® Medleys 100% Juice are made using delicious blends of fruits and vegetables. Available in fruity, kid-friendly Tropical, Apple and Grape flavors, each serving provides 100% the Daily Value for vitamin C.


www.motts.com

Hint® Premium Essence Water

Tired of plain water? Refresh your taste buds with Hint® Premium Essence Water. Lightly infused with natural flavors, Hint® contains zero calories and no artificial flavorings. Hydrate with tasty duos like Mango-Grapefruit, Raspberry-Lime and Pomegranate-Tangerine.


www.drinkhint.com

Kashi® Cereal

Perfect for breakfast or as a snack, Kashi® Cereals deliver taste and nutrition. Options like Kashi® GOLEAN® Crisp!™ Toasted Berry Crumble packs twice the protein and fiber found in other cereals — great for keeping you feeling satisfied.


www.kashi.com

"Back to School" Featured Items



Sale Dates: 9/2-9/15/10

Lean Cuisine® Market Creations

Rethink your frozen entrées with Lean Cuisine® Market Creations. Fresh and innovative, Lean Cuisine® Market Creations steam in your microwave in minutes. Try Shrimp Scampi with 4 grams fiber and 15 grams protein per serving.


www.leanuisine.com

SunButter® Sunflower Butter

Made from sunflower seeds, creamy SunButter® is an allergy-friendly alternative to peanut butter. Each 2-tablespoon serving is peanut, tree nut and gluten free with 7 grams protein, double the fiber of traditional peanut butter and has 27% the Daily Value for vitamin E.


www.sunbutter.com

"Breakfast Basics" Featured Items


 Sale Dates: 9/16-9/29/10

Driscoll's® Raspberries

Packed with sweetness and nutrition, Driscoll's® Raspberries deliver 4 grams fiber and 25% the Daily Value for vitamin C in each ½-cup serving. Rinse these delicate berries right before serving and enjoy in a smoothie or over buckwheat pancakes.


www.driscolls.com

Barbara's Bakery® Puffins® Cereal

Created with natural, wholesome ingredients, Barbara's Bakery® Puffins® Cereal is a delicious way to start your day. Opt for crunchy and slightly sweet Puffins® Original with 5 grams fiber and 5 grams sugar per serving.


www.barbarasbakery.com

Cream of Wheat®

Prefer a hot breakfast? Nourish your body with whole grain Cream of Wheat® Healthy Grain. With 7 grams protein and 6 grams fiber, Healthy Grain Original and Maple Brown Sugar keep you feeling full without added sugars.


www.creamofwheat.com

Bigelow® Herb Plus Tea

Get more from your tea. Two servings of Bigelow® Pomegranate Blueberry Herb Plus Omega-3 Tea provide 32 milligrams DHA and EPA omega-3s for heart health, while Lemon Ginger Herb Plus Probiotics contains probiotics for supporting digestive health.

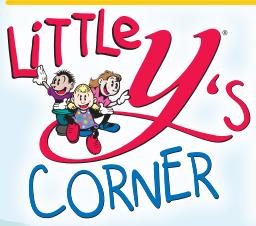

www.bigelowtea.com

Apple & Eve® Fruitables™

For a kid-friendly juice to take with you, try Apple & Eve® Fruitables.™ Fruity options like Sesame Street Pear Peach contain a medley of fruits and vegetables. Each serving provides $\frac{1}{3}$ less sugar than traditional juices!


www.appleandeve.com

Feel Good Farming



Organic farming is a way of growing food to maintain the quality of our earth, animals and people. It uses natural farming methods free from harmful chemicals.

Composting is Mother Nature's process of recycling our waste into rich soil. Compost is made from natural materials that bugs and worms like to eat such as food scraps, manure and leaves. It is key to organic farming because it creates stronger soil and replaces important nutrients.

Organic farmers provide their animals with clean housing and space to freely graze and exercise, which makes them happy and healthy!

TOP 5 REASONS to visit an ORGANIC FARM:

1. Meet a real-life farmer.
2. Get fresh air and physical activity while walking the farm.
3. Learn where and how your food is grown.
4. Support your local community while picking some fresh produce.
5. See farm animals.
(And maybe feed or pet some, too!)

Looking for Organics?

At Big Y we offer thousands of organic items throughout our stores!

Help the farmer build his tractor!

